

Give Me 5 Fruits and Vegetables Every Day!

Here's How!*

Breakfast: 1 Serving

Wake up with:

banana	peaches	strawberries	prunes
figs	raisins	melon	canned fruit
juices (apple, grape, grapefruit, orange, tomato)			

AM Snack: 1 Serving

Pack along:

apple	banana	peach	pear
grapes	orange	plums	prunes
raisins	figs	carrot sticks	celery sticks
cucumber	jicama	cherry tomatoes	

Lunch: 1 or 2 Servings

Serve:

vegetable soup	3 bean salad	peanut butter	carrot/raisin salad
cucumber salad	Waldorf salad	ambrosia	coleslaw
new potatoes	vegetable salad	pasta salad	stuffed tomato
sandwich with tomato, lettuce, onions, and sprouts			
taco/tostado with lettuce and tomatoes			

Afternoon Munchies: 1 Serving

Snack on:

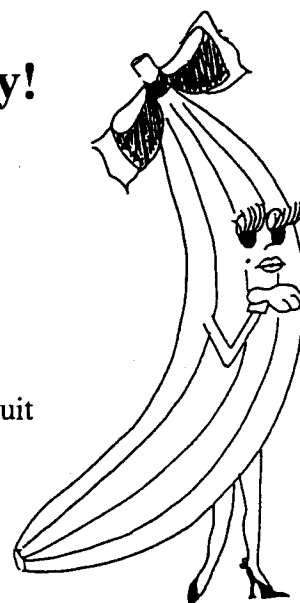
plums	raisins	apples	figs
fruit smoothie	kiwifruit	grapes	bean dip
tomato juice	green peppers	fruit and yogurt	
fruit juice popsicle	melon chunks		

Supper: 1 or 2 servings

Plan:

vegetable soup	rice and beans
steamed vegetables	fruit cobbler/shortcake
baked potato or yam	raw vegetable sticks
vegetable salad	fruit and yogurt
fruit salad	cold fruit soup

* Include fruits and vegetables in each meal along with other food groups for a healthy, delicious diet.



Give Me 5 Snack Ideas!

Juicy

Orange
Grapefruit
Blackberries
Kiwifruit
Blueberries
Strawberries
Tangerine
Tomato
Plum
Peach
Apricots
Cantaloupe
Watermelon
Other Melons
Pineapple

Chewy

Dried Apricots
Dried Apples
Banana Chips
Prunes
Raisins
Dried Peaches
Dates

Peel

Bananas
Oranges
Carrots
Peanuts

Slice

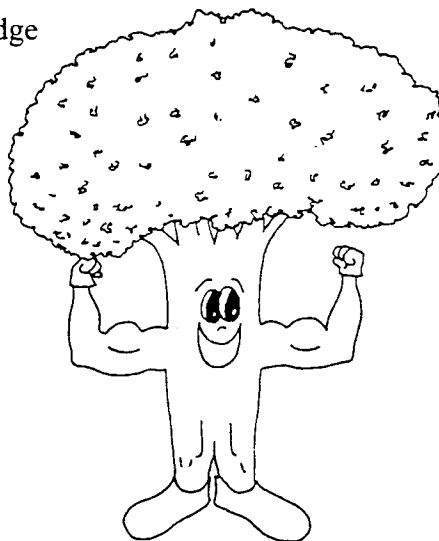
Soft Fruits
Cooked Vegetables

Crunchy

Carrot
Radish
Turnip
Rutabaga
Raw Potato
Cauliflower
Cabbage Wedges
Green or Red Pepper
Celery
Onion
Cucumbers
Lettuce Wedge
Apples
Jicama

Thirsty

Orange Juice
Grapefruit Juice
Tomato Juice
Vegetable Juice
Pear
Apple
Canned Fruits without sugar
Apple Juice
Pineapple Juice
Fruit Smoothee



Mix

Fruit in Yogurt
Spices in Applesauce
Fruit Chunks
Vegetable Soups

Spread

Peanut Butter
Garbanzo Bean Dip
Bean Dip
Eggplant Dip

Pour

Juices
Water

Squeeze

Citrus Fruits